

# BOWLING NEWS



NOVEMBER  
2017



## **Message from the Chairman**

October has seen a number of changes and initiatives in and around the club.

The most noticeable change will be in the running of the bistro. The bistro contractor Steve Paul indicated he would not be seeking a contract extension and would be pursuing other ventures. As a result of this the board has made a decision that the club would employ a head chef and run the bistro in-house. The advantages and disadvantages and financial aspects were discussed by the board prior to the decision being made by a majority vote of board members. The head chef will report to the club secretary/manager and the employment and changeover will happen at the end of November. I am sure members wish Steve all the best for the future.

Some external changes to the appearance of the club have and will be made. It has been remarked by many that the external yellow paintwork is looking tired and out of date. The yellow will be replaced by a more modern colour based on the recommendation of a colour consultant. The bistro windows to Connor St have been opened up by the removal of the large decal. Although some external scratching of the windows has now been exposed the area now looks a lot lighter and more appealing. The reflections at night caused by the fairy lights in Connor St look amazing and people on the street can now see that something is happening in the club.

Wooden picnic benches have replaced the aluminium seats in front of the club adjacent to green 1. Together with mood lighting which will be installed it is thought this area will now attract patrons who wish to sit outdoors in a pleasant environment whilst enjoying food and drink particularly on a Friday and Saturday night.

Thanks to club member Kevin Jordan for the idea and the lighting components to improve our lighting on the small synthetic green. With the help of Vince this has been achieved at minimal cost and will enable greater use of this green at night by barefoot bowlers, thus preserving the grass greens.

It is great to see students from Marymount College using our greens on a regular Thursday afternoon basis as part of their curriculum. Several promising bowlers have been spotted.

Major and expensive upgrades have occurred to our air conditioning system. After the discomfort of last summer the upgrades and necessary repairs could not be delayed any further.

Friday evening promotions have been introduced. A Pokies promotion has commenced where grocery items and spot prizes can be won by playing the machines between 5.30 to 6.00pm. For every drink purchased between 3.30 to 5.30pm a ticket will be given to win a chance to turn over a card to reveal the Jackpot Joker. Prize money increases by \$50 a week. Members draw and raffles follow on.

Three new Gaming machines are being installed to replace older machines which are now rarely used.

A reminder that the AGM is on Sunday the 26th November at 9.30am. Members attending will be given 2 drink vouchers for use on the day.

Good bowling, socialising, and keep the fluids up as summer is approaching.

Paul Hynes

## Coaching Notes by Ron

How is your balance and stability through your delivery? In most other ball sports it is obvious that if your feet are in the wrong position you will not play the shot you intended as well as if you are correctly positioned and balanced. Similarly in bowls you need to have your feet and body in the correct position to play well and consistently. How do you improve your balance? Firstly check the length of your step, it should be as your normal walking step i.e. the distance between your ankle and knee. Have a look around you on the green and observe those who take a longer than normal step or a shorter than normal step and observe their consistency.

To prove to yourself that your step length is correct, hold the down position in your follow through for 3 seconds after release of bowl before stepping forward and coming up. If you can do this your balance is fairly good, if not, keep reading. It has been proven over many years by many players, both top rated and also rans, that to obtain consistency you need to be well balanced. If your step length is not correct, make sure you modify it to your normal walking step, your step length governs your balance.

Check by walking slowly along and telling yourself to stop with your lead foot just coming down, have a good look at this length then bend your back knee down onto your Achilles tendon area behind your ankle. This should feel comfortable enough for you to hold for 3 seconds without falling over, you have balance. So when you deliver your bowl take the correct length of step, provided you don't have any pre-existing injuries, allow your back knee to come down into the Achilles tendon area, allow your arm to follow through your delivery and stay down for about 3 seconds.

This all assumes you are fit enough and flexible enough to get down properly, if not your delivery will have to be tailored to your body's ability to move, talk to a coach. There are two distinctly different means of getting low enough to the bowling surface to deliver your bowl without dumping, you either bend and sink from the knees or bend from the hips. The hip bend does a couple of things you don't really want to occur: Firstly it probably takes the shoulders too far ahead of the feet at delivery and produces unbalance, and secondly it probably causes you to bob your head and lose vision along your intended delivery line. If you are bending in this manner make sure your bend is from the hips not the waist as this loads up the back muscles and you can then expect problems a bit down the track. Bowls is a target game, you should therefore be looking at the target, the place you intend your bowl to finish. With a bend from the hips it is either a very uncomfortable bend of the neck to maintain this vision or loss of view of target.

Therefore the recommended method of delivery is: as you step forward allow your knees to bend and your body to sink into the squat position keeping the back straight and hence alleviating the possibility of back problems, as well as being able to maintain your line of sight with perfect balance. Remember the old adage: GO DOWN, SLOW DOWN, STAY DOWN.

Good bowling and enjoy. Ron



## Ladies Report

Our 80th Birthday Celebrations held on 16/17 September was a huge success. The bowls day on the Saturday was interesting and greatly enjoyed by everyone. Sunday was more formal with our local members and Patrons attending. As usual a beautiful cake was made by Dorothy and the Band with their Creedance Clearwater Revival and the Eagles were fantastic, I am sure we would love to see them back again sometime. Well done to the Board and the Mens Committee for all their hard work to make this weekend a huge success.

Our B Grade Pairs final was won by Val Bourne and Karen Masters.

B Grade Singles was won by Karen Harding, well done ladies.

Our Past Presidents Day was held with a lovely morning tea supplied by our great ladies, it was lovely. It was so good to see many of our past president attending.

Pennant season is now over and how well Burleigh did, we only had 3 divisions 4,5 and 6 and of those, divisions 4 and 5 reached grand final, however were unsuccessful but certainly a feather in our cap for just the achievement of getting there. Well done to all our Pennant players.

Presidents Day was held on Thursday 28th September and it was a lovely day, thank you to all the ladies who attended and helped on the day.

To all the ladies not in good health, I wish you a speedy recovery.

Di Pickett, Ladies President



# NOVEMBER

## ENTERTAINMENT - Burleigh Heads Bowls Club

### **Friday 3rd - Chris Cook Band from 7:30pm**

Playing Australian & American country music

### **Saturday 4th - Sugar Shakers from 6:30pm**

Playing 60's, 70's, 80's, 90's and 00's pop rock covers

### **Sunday 5th - Russell Davies from 2pm**

Russell's solo song list rangers from jazz standards to contemporary hits.

### **Friday 10th - Spin from 7:30pm**

An energetic duo, sure to get you up dancing! Playing all sorts of songs from old school to current hits of today.

### **Saturday 11th - Rene Diaz from 6:30pm**

The Flame perform a wide variety of Country music & Classic hits.

### **Sunday 12th - Cassie Timms from 2pm**

Cassie is a singer, songwriter and performer. She counts SIA and Ke\$ha as her inspirations

### **Friday 17th - Champagne Jam from 7:30pm**

Song list ranges from Amy Winehouse to classic Van Morrison.

### **Saturday 18th - Banderas Band from 6:30pm**

A fantastic Australian country rock band, playing original music.

### **Sunday 19th - Dan McCoy from 2pm**

Playing classic songs performed with a variety of instrumentation & top shelf vocal harmonies.

### **Friday 24th - Stowaways from 7:30pm**

Stowaways play pop, country, soul, R&B, Jazz, Raggaie, Indie and some 50's rock 'n' roll.

### **Saturday 25th - Spectrum from 6:30pm**

Spectrum take you on a musical journey from the 60's through to the latest top 40 hits.

### **Sunday 26th - Lone Wolf from 2pm**

Lone Wolf is a crowd pleaser, playing songs varying from Ed Sheeran - Elvis



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# NOVEMBER Bowling Calendar

Sunday	Monday	Tuesday	Wednesday
			<u>1st</u> Men's Trip A Men's Four
<u>5th</u>  Camels Home Alone  Barefoot Bowls 12—5pm 	<u>6th</u>  NO PLAY Roll ups on Green no. 3 only	<u>7th</u>  Ladies/Mixed Pairs AM	<u>8th</u>  Men's Trip A Men's Four
<u>12th</u>  Camels Home Alone  Barefoot Bowls 12—5pm 	<u>13th</u>  NO PLAY Roll ups on Green no. 3 only	<u>14th</u>  Ladies/Mixed Pairs AM	<u>15th</u>  Men's Trip A Men's Four
<u>19th</u>  Camels Away Vs Ipswich  Barefoot Bowls 12—5pm 	<u>20th</u>  NO PLAY Roll ups on Green no. 3 only	<u>21st</u>  Ladies/Mixed Pairs AM	<u>22nd</u>  Men's Trip A Men's Four
<u>26th</u>  ANNUAL AGM  Barefoot Bowls 12—5pm 	<u>27th</u>  NO PLAY Roll ups on Green no. 3 only	<u>28th</u>  Ladies/Mixed Pairs AM	<u>29th</u>  Men's Trip A Men's Four



Wednesday	Thursday	Friday	Saturday
Triples or Pairs AM Pairs/Pairs PM 	<u>2nd</u>  Ladies Social AM	<u>3rd</u>  Men's Triples AM Men's Fours or Pairs—PM	<u>4th</u>  Ladies Triples AM Mens Triples PM
Triples or Pairs AM Pairs/Pairs PM 	<u>9th</u>  Ladies Social AM	<u>10th</u>  Men's Triples AM Men's Fours or Pairs—PM	<u>11th</u>  Ladies Triples AM Mens Triples PM
Triples or Pairs AM Pairs/Pairs PM 	<u>16th</u>  Ladies Social AM	<u>17th</u>  Men's Triples AM Men's Fours or Pairs—PM	<u>18th</u>  Ladies Triples AM Mens Triples PM
Triples or Pairs AM Pairs/Pairs PM 	<u>23rd</u>  Ladies Social AM	<u>24th</u>  Men's Triples AM Men's Fours or Pairs—PM	<u>25th</u>  Ladies Triples AM Mens Triples PM
Triples or Pairs AM Pairs/Pairs PM 	<u>30th</u>  Ladies Social AM		

# FOR SALE



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Jennifer Rose

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Allan

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